

Monday	Tuesday	Wednesday
<p>1 10:45 Dancing, Social Hall 11:45 Lunch Beef stir-fry, brown rice, roasted carrots, zucchini, red bell peppers, onions & sesame seeds* fruit 1:00 Big Bingo</p> 	<p>2 10:00 SALA Appointments 11:45 Lunch Chicken Fajitas with bell peppers, mushrooms, tomatoes & onions, tortilla, green salad, apple crisp 1:00 Movie: Cirque du Soleil: Worlds Away</p>	<p>3 10:30 Line Dancing, Social Hall 11:45 Lunch Vegetarian split pea soup, whole grain bread, broccoli, cauliflower, carrots, baked potato, salad w/egg, fruit 12:45 Bingo, Social Hall 5:30 Movie: Cirque du Soleil: Worlds Away</p> 
<p>8 8:30 HICAP 10:45 Dancing, Social Hall 11:45 Lunch Chicken rice soup w/ veggies, dinner roll, green salad w/ red cabbage, tomato & carrots</p> 	<p>9 9:10 Eyeglass Repair 10:00 SALA Appointments 10:30 Book Club "End of Your Life Book Club" 11:45 Lunch Vegetarian chili bean soup, cornbread, mixed veggies, cabbage salad w/ egg 1:00 Movie: Skyfall 1:00 Workshop: 911 4:00 Wii Bowling</p> 	<p>10 10:30 Line Dancing, Social Hall 11:45 Lunch Teriyaki chicken, brown rice, mixed veggies, green salad, fruit 12:45 Bingo, Social Hall 5:30 Movie: Skyfall</p>
<p>15 10:45 Dancing, Social Hall 11:45 Lunch Chili Verde (pork), tortilla, fresh refried beans, green salad w/ cabbage, fruit 2:00 Newcomer's Group</p> 	<p>16 10:00 CSA Information and Referral 10:00 Workshop: Proportion Distortion 11:45 Lunch Baked breaded fish, whole grain bread, mixed veggies, boiled red potatoes, fruit 1:00 Movie: Argo</p>	<p>17 10:30 Line Dancing, Social Hall 11:45 Lunch Beef stew w/ carrots, peas, onions, celery & potatoes, coleslaw and fruit 12:45 Bingo, Social Hall 2:00 Senior Advisory Committee 2:30 Workshop: Printing 5:30 Movie: Argo</p> 
<p>22 10:45 Dancing, Social Hall 11:45 Lunch Spaghetti w/ meatballs, garlic bread, mixed veggies, green salad, fruit</p> 	<p>23 9:10 Eyeglass Repair 11:45 Lunch Ron's special chicken, whole grain bread, mixed veggies, sliced tomatoes & bell pepper salad, fruit 1:00 Movie: The Bourne Legacy 1:00 HICAP 1:00 Workshop: CPUC</p> 	<p>24 10:30 Line Dancing, Social Hall 11:45 Lunch Chop Suey (pork) w/ bok choy, onions, celery, beans sprouts, cabbage salad w/ crispy noodles, fruit 12:30 Alzheimer's Screening 12:45 Bingo, Social Hall 5:30 Movie: The Bourne Legacy</p>
<p><i>Volunteer Appreciation</i></p>		
<p>29 10:45 Dancing, Social Hall 11:45 Lunch Chicken pot pie w/ mixed veggies, green salad w/ broccoli, fruit</p> 	<p>30 9:00 SJSU Hearing Screening 11:45 Lunch Meat loaf, whole grain bread, mixed veggies, mashed potatoes, fruit 1:00 Movie: Zero Dark Thirty 3:00 Dance Festival Preview</p> 	

Thursday

Friday

Chocolate Chip Cookie Dough Brownie Bombs

Ingredients:

3/4 cup butter, softened
3/4 cup brown sugar
1/4 cup white sugar
2 tsp milk
1 tsp vanilla extract
2 cups all-purpose flour
Pinch salt
2 cups miniature chocolate chips, divided
1 pkg fudge brownie mix, baked and cooled
1 pkg Candiquik or chocolate almond bark

Directions:

In the bowl of a stand mixer, beat together butter, and sugars until creamy. Add the milk and vanilla; beat to combine. Lastly, beat in the flour and pinch of salt until a soft dough forms. Stir in ONE (1) cup of the mini chips.

On a foil-lined baking sheet, drop rounded, tablespoon-sized balls of dough. Freeze cookie dough balls for one hour until firm. Cut brownies into small squares, 1" in size. Pick up square and gently flatten with your palm.

Place a cookie dough ball in the middle of the flattened brownie and gently, wrap brownie around cookie dough ball. Repeat until all dough balls are covered, then return to freezer for 30 minutes.

Prepare chocolate bark according to package directions. Using a fork, dip each brownie truffle into the chocolate, coat completely, and allow excess to drip off. Return to the foil-lined sheet and sprinkle the tops with the remaining cup of mini chips. Store in an airtight container in the fridge.

**PLEASE SHARE
WITH STAFF**

Mountain View Senior Nutrition Program 650-964-6586

4

10:00 Bookmobile
11:45 Lunch
Chicken enchilada, Spanish brown rice, corn, green salad, fruit



11

10:00 Bookmobile
11:45 Lunch
Hot fresh turkey sandwich, cranberry sauce, whole grain bread, green beans & carrots, caramelized onions, fruit
1:00 Workshop: Sudoku



5

10:30 Blood Pressure Check
10:45 Dancing, Social Hall
11:45 Lunch
Linguine w/ tuna, spinach, red bell peppers, tossed salad, fruit
1:00 Movie: Cirque du Soleil: Worlds Away

12

10:30 Blood Pressure Check
10:45 Dancing, Social Hall
11:45 Lunch
Pasta & beef w/ onions & tomato, pasta, broccoli, carrots, fruit
1:00 Movie: Skyfall

18

10:00 Bookmobile
11:45 Lunch
Breaded pork chop, whole grain bread, mixed veggies, baked potato, fruit
1:00 Workshop: Day Worker Center

19

10:30 Blood Pressure Check
10:45 Dancing, Social Hall
11:45 Lunch
Oven baked chicken, brown rice, broccoli & carrots, green salad, fruit
1:00 Movie: Argo

25

10:00 Bookmobile
11:45 Lunch
Baked stuffed salmon w/ crab, whole grain couscous w/ onions, green bell peppers & mushrooms



26

10:30 Blood Pressure Check
10:45 Dancing, Social Hall
11:45 Lunch
Chef's choice fish, brown rice, peas & pearl onions, green salad, fruit
1:00 Movie: The Bourne Legacy

Week

NUTRITION PROGRAM - The suggested contribution is \$3.00 for people 60 years and over. The meal cost is \$8.00 for people under 60 years old. Lunch is served at 11:45 a.m. Recommended sign in time: 11:15 a.m. First come, first served.



= Meal contains more than 1000mg sodium